

# Growing Healthy Families

MORRISVILLE DISTRICT OFFICE • Vermont Department of Health, WIC Program  
63 Professional Drive, Morrisville, VT 05661 • 1-802-888-7447 or 1-888-253-8798

## Baby shower for pregnant women

Tuesday, December 6

4:00–5:30 p.m.

Steven's Conference Room  
(near Women's Center)  
Copley Hospital, Morrisville

All expecting women and their supports are invited to discuss prenatal health, nutrition, breastfeeding, birthing, and more. Facilitated by community specialists in nutrition, birthing, breastfeeding, and literacy. Refreshments as well as free baby clothes and books provided for participants.

Please sign up in advance by calling 888-7447.

## Understanding your baby's cues

Thursday, December 22 and

Thursday, February 23

3:00–4:00 p.m.

The Playroom  
30 Fairgrounds Plaza  
(beneath Shear Image Salon)  
Morrisville

Understanding how babies sleep, why they cry, and what they need can help you feel more relaxed and confident as a new parent. Responding quickly to your baby's cues helps her feel more safe and secure. Congratulations, and let WIC help you enjoy the wonders of being a new parent. Group meets every 4th Thursday of every even-numbered month.

All activities are FREE  
of charge!

## Nutrition at the Baby Chats

Thursday, December 1

10:00–11:30 a.m.

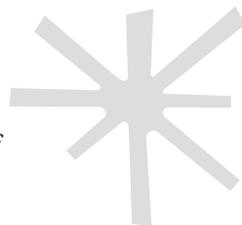
The Playroom  
(in front of Hannaford)  
Morrisville

Baby Chat sponsored by Building Bright Futures is a playgroup for moms and babies and occurs from 10:00–11:30 a.m. each month. Below is a list of the days of the week and locations.

- First Thursday at the Playroom in Morrisville
- Second Saturday at the Lamoille Family Center
- Fourth Tuesday at the Church of the Nazarene in Johnson.

The Breastfeeding Families Group meets from 11:00 a.m.–1:00 p.m. on the third Wednesday of each month at the Church of the Nazarene in Johnson. A scale to weigh your baby is available.

Call 888-7447 for more information.



## Play every day!

Friday, January 6

10:00–11:30 a.m.

Head Start

61 Church Street, Hardwick

Come to this playgroup for families of children 3 and under. We will discuss ways to stay active every day and modify skill-building activities to match your child's stage of development. Take home your own activity kit and enjoy a healthy snack.

To sign up, please call 888-1357.

## Healthy hearts

Tuesday, February 14

10:00–11:00 a.m.

Vermont Department of Health  
63 Professional Drive,  
Morrisville

All ages are invited to celebrate their healthy hearts and take home their own valentines, then sample and learn how to make heart-shaped, heart-healthy granola bars and fat-free, fast fruit fondue skewers. All participants take home a free cookbook.

Please sign up in advance by calling 888-7447.